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649Gary J. Collicutt
June 28
Hamilton\$5 million
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SEXISM THE
EXCEPTIONEVERYDAY SEXISM
PROJECT SEEKS TO
HIGHLIGHT THE KIND
OF CASUAL PREJUDICE
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two couples collectively up
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comes to life
but could still
use new bloodToronto beats lowly Rangers
9-6 amid talk about trading
to improve firepower **PAGE 21**Sex-assault
case traps
teacher in
Indonesia**Jakarta International
School.** Canadian
kept as witness after
colleagues accused of
molesting studentsA Canadian teacher has been
prevented from leaving Ja-
karta after Burlington native
Neil Bantleman was detained
in an Indonesian jail in con-
nection with sexual-assault
allegations last week.Allan Dee, 38, a teacher at
the prestigious Jakarta Inter-
national School (JIS), said
his passport is being with-
held because he is a witness
in Bantleman's case, which
involves accusations that the
45-year-old JIS administrator
molested students.The arrest follows allega-
tions that a JIS janitor sex-
ually assaulted children in a
school bathroom, accord-
ing to reports from the Wall
Street Journal.Dee believes he is con-
sidered a witness because he
taught one of the students
whose family made addition-
al sexual-assault allegationsagainst Bantleman and fellow
detainee and teaching assist-
ant Ferdinand Tjong.He said that when he
first heard about the allega-
tions against Bantleman and
Tjong, he thought them
"shocking" and "ludicrous,"
as students and staff at the
school adore Bantleman, call-
ing him Mr. B.Dee said he was notified of
his witness status on June 8,
but it didn't come as a shock."When I found out that a
boy was allegedly assaulted at
school, I assumed that the po-
lice would want to talk to me,
but I assumed it would have
been a long time ago," he said
from Jakarta.He said the case has de-
layed the deportation for
which he was scheduled after
two years in Indonesia, which
was the result of an "admin-
istrative error" that listed
him as an elementary school
teacher instead of a kinder-
garten teacher."It was supposed to be
three weeks and then it
turned into six months, so
the investigation is getting
longer and longer," he said.

TORSTAR NEWS SERVICE

DOUBLEHEADER SUNDAY

At left, Sebastien Bourdais of France celebrates his victory in the first of two races at the Honda Indy on Sunday in Toronto. The win ended a six-year victory drought for Bourdais, who last won the now-defunct Champ Car series in Mexico City. At right, British driver Mike Conway celebrates with his crew after winning the second Indy race on Sunday. Conway was the surprise winner of the collision-filled second race. **Story, page 20.**

LEFT: CHRIS TROTMAN/GETTY IMAGES; RIGHT: FRANK GUNN/THE CANADIAN PRESS



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Toronto Time Bank

T.O. group brings back bartering

When Tom Malleeson was looking for someone to tune his antique piano, he didn't turn to Google or call a repair company. Instead, a couple came to his apartment and tuned it for free, even teaching him how to do it himself the next time and leaving him a tuner.

Malleeson found the couple through an organization called Toronto Time Bank, which lets people exchange services and skills instead of money.

"For example, if you teach me piano for an hour then an hour goes from my account into your account that you can use to purchase other people's services," says Malleeson, an assistant professor who organized the group with four others about six months ago.

People don't need to exchange with each other but earn credits that can be used anywhere in the time bank.

Those services could range from skating lessons to legal advice.

"But everyone's time is equally valued whether you're a lawyer or a poor student," adds Malleeson.

The exchanges operate on the honour system.

TORSTAR NEWS SERVICE



Tom Malleeson had his piano tuned for free.

TORSTAR NEWS SERVICE



Mural brings community together

Munina Aiden, 11, left, and Jennaiya Berrotte, 13, imitate the caring hands theme that dominates one side of a mural they took part in creating. When the St. Lawrence neighbourhood had its basketball court destroyed during a police chase, Maple Leaf Sports and Entertainment, which installed the original court near Berkeley Street, made good on a promise to resurface it. However, a cement wall at the west end of the court remained a black monolith after graffiti had been painted over. That's when Jamii — a not-for-profit organization — spearheaded a plan to make a mural that illustrates the neighbourhood's values.

CHRIS SO/TORSTAR NEWS SERVICE

Election races far too long, councillors say

Jan. 2 registration. Longtime Toronto rep says shorter campaigns would curb voter fatigue

Some veteran Toronto city councillors are only now registering to run for re-election, despite the fact they could have done so as early as Jan. 2.

They say Jan. 2, which is when candidates can start fundraising and campaigning, is way too early when voting day is Oct. 27.

Coun. Glenn De Baeremaeker used to register the first week of January, but this election he has decided to wait until Aug. 1.

"I just think a 10-month campaign period is ridiculous," De Baeremaeker said. "Are you truly going to knock on doors for 10 months of your life? I don't think so. I think three months is more than enough time to knock on every door and visit every bus stop."

Municipal lawyer John Mascarini said it's incongruous that municipal elections are measured in months while provincial votes take a matter of weeks.

"I really do think 10 months is absolutely crazy," Mascarini said. "I'd certainly be in favour of a shorter election period. You wouldn't in any way disenfranchise people who want to vote. The way it is now, you run the risk of voter

Waste of time?

"Are you truly going to knock on doors for 10 months of your life? I don't think so."

Coun. Glenn De Baeremaeker

fatigue."

In the digital age, it's unlikely that non-incumbent candidates would be disadvantaged if the start date were changed to early July or early August, De Baeremaeker said.

"Some may argue that the new kid on the block needs more time but I don't really think that's true anymore. A constituent who's remotely interested just has to type the

candidate's name and up pops their website."

"The world has sped up. We live in an age of instant communications. We're not sending out smoke signals or riding donkeys down the road to shake hands."

The biggest argument for a later campaign start is probably that that's when voters start to pay attention, said Coun. Anthony Perruzza, who registered last week.

"Most people don't really campaign until you get into September," Perruzza said. "School is back, people are back to work and settled and that's when the election begins to register in people's minds."

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11 NEWS

Crying foul. Smelly factory frustrating neighbours in Junction

Junction Triangle residents have had enough of the putrid smell that hangs over their neighbourhood, forcing them to shut their windows and abandon their backyards.

For years they've lived with the odour emanating from the Nitta Gelatin plant, where pig skins are turned into gelatin.

Vegetarian Simon Menahem noticed the stench within a few weeks of moving to the neighbourhood. Right away he could tell it was animal-related.

"I said to my friend: 'It smells like rotting carcass,'" said Menahem, one of the residents who came to a community meeting Wednesday night, calling for a permanent solution to the stinky situation.

Neighbours have complained again and again to Nitta, to the city, to the provincial ministry of the environment.

The plant has stood on Paton Road for more than a century, churning out a variety of products, from turkey to processed cheese. Nitta Gelatin took over in 1990 and started making gelatin for use in food and pharmaceutical products.



The Nitta Gelatin factory on Paton Road. TORSTAR NEWS SERVICE

Since then, the company has spent a lot of money trying to mitigate odours, said product manager Randy Robinson.

Neighbours are still unhappy, however, and they're unsure where they should be channeling their frustration.

Last year, the ministry asked Nitta to submit an odour mitigation plan, and the company has proposed changing equipment and putting up taller stacks, which would disperse the emissions higher in the air. To do that, however, they need the province to approve their plan, which is expected to happen in the next several weeks.

TORSTAR NEWS SERVICE

Pearson airport

Air Canada flight lands safely after mayday call

An Air Canada flight from Edmonton to Toronto landed safely at Pearson International Airport Sunday morning after the crew was forced to make a mayday call.

The Airbus 320 was carrying 87 passengers, two pilots and four flight attendants when an indicator light came

on suggesting there was a problem with the flight controls.

"Our crew is well trained to handle these events and followed procedures by declaring an emergency," confirmed a spokesperson from Air Canada via email. "We are currently taking care of our customers and maintenance is inspecting the aircraft."

The plane circled over Lake Ontario for a brief time before making the emergency landing at Pearson.

TORSTAR NEWS SERVICE



Transgender athlete Kinnon Ross MacKinnon, seen here doing a 352-pound squat at the University of Toronto Mississauga open powerlifting meet, will represent Toronto at the 2014 Gay Games in Cleveland. LAURA ARMSTRONG/TORSTAR NEWS SERVICE

He's game to represent

Powerlifting athlete. Transgender Toronto man to compete in Gay Games in Ohio

Kinnon Ross MacKinnon was eager to scratch a familiar competitive itch.

It had been five years since the Nova Scotia-born Toronto resident competed in sport, an unusually long break after adolescent years spent vying for titles both locally and nationally in soccer, golf, skiing and snowboarding.

Picking up powerlifting was a natural transition for the lifelong athlete, but one thing was different: For the first time in his life, MacKinnon was competing as a man.

Two years on, MacKinnon, a transgender man, is preparing to represent his hometown, Antigonish, and his adopted city at his biggest contest yet: the international Gay Games in Cleveland, Ohio. He will compete in the 75-kilogram weight class of the 24- to 34-year-old division Aug. 10.

"I don't know how many competitors will be trans,

but I suspect those numbers will be pretty low in terms of representation. I'm looking forward to representing trans people because I think within the LGBT community trans people are often left out of the conversation, and remain a vulnerable population within the vulnerable population," MacKinnon said.

Powerlifting, MacKinnon said, was a way to make his body look more masculine. He wanted to build wider shoulders and a wider back, inverting his female shape by transforming his upper half.

TORSTAR NEWS SERVICE

Kinnon Ross MacKinnon

Born in eastern Nova Scotia, MacKinnon, now 29, grew up not knowing what it meant to be a transgender person. He moved to Halifax for university still presenting as a woman. While there, he came out as bisexual.

- MacKinnon began presenting himself as a man after moving to Toronto eight years ago. He began his female to male transition four years later.

Who's moving into Honest Ed's? Soomebody!



Mel Lastman, left, and son Blayne in a 2008 file photo. TORSTAR NEWS SERVICE

Two long-standing pillars of Toronto discount shopping are coming together under one landmark roof this fall.

Furniture and appliance retailer Lastman's Bad Boy Superstore, founded by former Toronto mayor Mel Lastman, will open a 12,000-square-foot store inside the famous Honest Ed's discount emporium

in November. The announcement Sunday confirmed long-swinging rumours about a new tenant at the 66-year-old Honest Ed's store at the corner of Bathurst and Bloor.

"It's going to be power-buys only — the best prices," said Bad Boy CEO Blayne Lastman.

TORSTAR NEWS SERVICE

History

Mel Lastman opened his first Bad Boy store on Weston Road in 1955. He later turned his attention to municipal politics. His son Blayne resurrected the Bad Boy chain in the early 1990s.

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Speaking out against 'everyday sexism'

Website bears witness.

Women around the world share stories of harassment at school, work and on transit

When Laura Bates was followed home one night by a man from her bus, she didn't think much of it. Incidents like that just seemed to be part of living in London, England.

But the writer said several other similar situations followed within days. One stranger shouted obscenities at her out of a car window. Another propositioned her forcefully in a cafe. A third groped her on the bus, and commuters looked away when she spoke up. She was startled not so much by the incidents — but how accustomed she had become to brushing such behaviour aside and not taking action.

"I started talking to other women, and I couldn't believe how many stories they had. I think many of us just think, 'Maybe I'm unlucky,'" said Bates, 27, in an interview. "Just like me, so many of them said, 'Until you asked me, I've never talked to anyone about this.'"

Those conversations triggered the birth of the Everyday Sexism Project, a website that Bates set up for women to share their experiences of sexism and harassment in their daily lives — in the office, on the train, in school or on the street. Two years on, what started as a simple idea has become a movement that is steadily gaining momentum, galvanizing support from politicians, police



Laura Bates, the founder of the Everyday Sexism Project, poses for a portrait in London, England, on July 14.
MATT DUNHAM/THE ASSOCIATED PRESS

Blinders off

"People say sexism doesn't exist anymore.... But it really is one of those things where once you see it, you can't stop seeing it all around you."

Laura Bates, everydaysexism.com founder

and thousands of women and men from Britain and beyond.

The project has collected 70,000 posts from some 20 countries, describing a wide range of unwelcome behaviour and offences from a colleague's casual comment to unreported rapes. Many tell of assault, threats of violence and verbal abuse in public places. Others report seemingly innocuous behaviour and comments: One woman tells how a sales assist-

ant handed back her change to her male friend, after she had paid for the goods.

The outpouring on Bates' website, and the attention it has garnered, has translated into some successes offline. Bates has addressed a United Nations-hosted forum and worked with British politicians, schools and businesses, and she and other activist groups have collaborated with British Transport Police to help reduce

Dissenting voices

Not all the reactions have been positive.

- Critics have argued that the focus is too trivial and distract from more important women's issues.
- Others say some of the behaviour described in the entries does not count as sexism, or claim the women are being overly sensitive.

sexual assault and unwanted sexual behaviour on subway trains and buses.

THE ASSOCIATED PRESS

Election monitoring

Red flags raised about Canadian Ukraine missions

A new internal government report has once again raised questions about the risks of the Harper government's penchant for sending large teams of Canadian election monitors to Ukraine.

The March report, prepared by an outside consultant for the Foreign Affairs Department, says sending the bilateral missions of independent observers comes with some dangers to Canada's credibility.

But Foreign Affairs is defending the missions, saying they help promote Canadian values, such as supporting democracy.

THE CANADIAN PRESS

A honey of a haven

Bee researchers home in on N.L.

Newfoundland's healthy honeybees are an increasing draw for researchers in the race to understand why colonies across much of the globe are struggling or dying off.

"There are fewer and fewer places as we look around the world now that can claim to be free from the major bee pests. And we're one of the few," said Dave Jennings, a director with the provincial Natural Resources department.

Stressors blamed for decimating hives around the world include invasive parasites such as the Varroa destructor mite, climate change and the use of pesticides. THE CANADIAN PRESS

Decline. HIV diagnosis rate fell by a third in U.S. over last decade: Study

The rate of HIV infections diagnosed in the United States each year fell by one-third over the past decade, a government study finds. Experts celebrated it as hopeful news that the AIDS epidemic may be slowing in the U.S.

"It's encouraging," said Patrick Sullivan, an Emory University AIDS researcher who was not involved in the study.

The reasons for the drop aren't clear. It might mean fewer new infections are occurring. Or that most infected people already have been diagnosed so more testing won't necessarily find many more cases.

"It could be we are approaching something of a 'ceiling effect,'" said one study leader, David Holtgrave of Johns Hopkins University.

Out of 100,000 people

16

The findings: 16 out of every 100,000 people ages 13 and older were newly diagnosed with HIV in 2011, a steady decline from 24 out of 100,000 people in 2002.

The study was released online Saturday by the Journal of the American Medical Association. It is part of the journal's special report on HIV research, issued ahead of the International AIDS Conference that starts Sunday in Melbourne, Australia.

The study found diagnosis rates dropped even as the amount of testing rose.

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Banned protest

French youth
clash with police

Pro-Palestinian French youth defying a ban on a protest against Israel's Gaza offensive clashed with police Sunday, setting fire to cars, pillaging stores and throwing stones in a Paris suburb.

Police, backed by a helicopter overhead, responded with tear gas and shots from non-lethal guns during hours of unrest in the northern suburb of Sarcelles, home to a large Jewish community.

The unrest was the second time in two days that pro-Palestinian demonstrations in France turned violent. The demonstration, like the one in Paris on Saturday, had been banned to ensure peace.

France has Western Europe's largest Muslim and Jewish populations, and crises in the Middle East, like the one triggered by the Gaza offensive, often spill into France. **THE ASSOCIATED PRESS**

Gaza hospital lighting operations by cellphone

Power cuts, supply shortages. Doctors have become masters of improvisation

In the heart of Gaza City, as its citizens again find themselves under fire from Israeli airstrikes and artillery, the wounded and their wailing families stream into Shifa Hospital without end.

Shifa, Gaza's largest hospital, only has an 11-bed emergency room and six operating theatres. Yet amid power cuts and among the screams of the bereaved, doctors at the 600-bed facility have become masters of improvisation, forced by the seemingly unending conflict engulfing the coastal strip to care for the wounded.

"If we are in the middle of an operation (and) lights go out, what do the Palestinians do?" said Mads Gilbert, a Norwegian doctor who has volunteered at

Shifa on and off for 17 years. "They pick up their phones, and they use the light from the screen to illuminate the operation field."

The wounded from Israeli strikes usually arrive in waves. More than 3,000 Palestinians already have been wounded in the past two weeks of fighting, health officials say. Many, including the most serious cases, end up at Shifa.

A new wave of casualties arrive after daybreak Sunday, following a night of heavy Israeli tank fire on Gaza City's Shijaiyah neighbourhood. Hospital guards shout at drivers to move to make room for the next vehicles, pushing back journalists and onlookers.

Some of the wounded get treated in a hallway near the emergency room. A medic bandages the foot of an emergency worker writhing in pain on a mattress on the floor. A little boy with shrapnel wounds arrives and the emergency work-



In this photo from last Friday, medical personnel wheel two wounded Palestinians into the emergency room of Shifa hospital in Gaza City.

KHALIL HAMRA/THE ASSOCIATED PRESS/FILE

er slides off the mattress to the hard floor for the child.

Nearby, a woman cries hysterically. A man holds up a dead child, wailing.

Dr. Jihad Juwaidi says his six operating rooms filled up quickly and that even the seriously wounded have to wait for surgery, including a little girl with a fractured skull.

Choosing who gets treated

first is gut-wrenching, says Dr. Allam Nayef, who works in one of Shifa's intensive care units.

"Sometimes you have to select which one of them has the best chance to survive," Nayef says. "Easily in this rush, you can take a bad decision, that the one (patient) you thought will wait for you ... you won't find him when you finish your surgery." **THE ASSOCIATED PRESS**



In this photo from last Wednesday, Mads Gilbert, Gaza City, KHALIL HAMRA/THE ASSOCIATED PRESS

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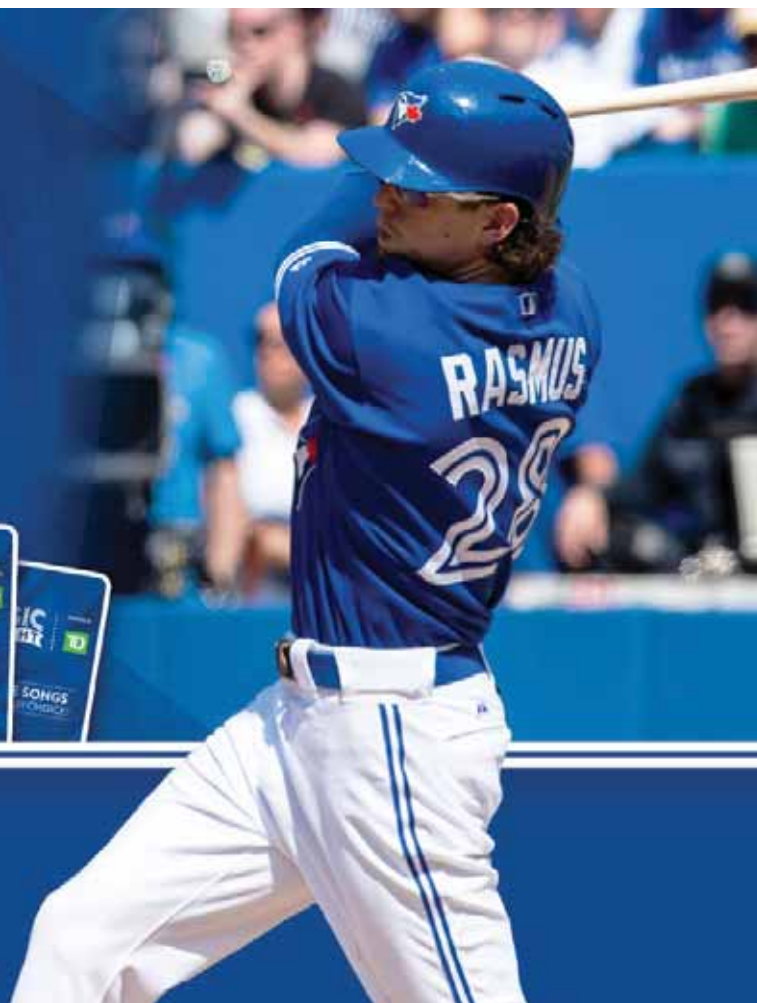
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a Norwegian doctor who has volunteered at Shifa hospital on and off for 17 years, treats a patient in the emergency room in

Gaza Strip

Escalating their ground offensive, Israeli troops backed by tanks and warplanes battled Hamas militants in a crowded neighbourhood of Gaza City early Sunday.

- The fighting, including heavy Israeli tank fire, killed scores of Palestinians, forced thousands to flee and damaged or destroyed dozens of homes.
- Palestinian health officials reported at least 65 people killed as air and artillery strikes echoed across the city for hours.
- They put the number of displaced at 35,000, with at least 425 people killed in the nearly two-week conflict.
- Israeli military casualties spiked in the fighting, with 13 killed Sunday, raising the total number of dead soldiers to 18.
- Diplomats' efforts to end the violence continued, as U.N. chief Ban Ki-moon headed to the region to try to revive cease-fire efforts.

Tomasica. Bosnians bury 284 relatives found in mass grave in northwest

Bosnian families on Sunday buried the remains of 283 Muslims and one Roman Catholic Croat who were killed at the start of the Bosnian war of 1992-95.

The bodies were laid out in green coffins in a sports field in Kozarac, where thousands prayed for them before burial in graveyards in the area.

Enisa Duratovic-Hegic, who buried her parents and eight other family members, said she hoped what happened to her and her family "never happens to anyone ever."

She said she prays to God to "punish the perpetrators if they evade justice on Earth."

The victims were killed in the summer of 1992, when Serb troops went from house to house in the area of Prijedor in northwest Bosnia and killed any non-Serbs they found.

They hid the bodies in mass graves, some of which

have only been discovered recently.

About 10,000 Bosnians remain missing from the war.

The victims buried Sunday were identified through DNA analysis after they were found recently in Tomasica, one of the biggest mass graves in Bosnia. It contained some 400 bodies.

Evidence from the Tomasica grave will be used during the trials of former Bosnian Serb leader Radovan Karadzic and his wartime general Ratko Mladic — both accused of genocide and other war crimes.

Bosnia's international administrator, Austrian diplomat Valentin Inzko, said at Sunday's funeral that "different communities do not have to live separated. Accepting this as an argument would be an insult for these victims because they were killed in the name of that ideology."

THE ASSOCIATED PRESS

Building a Better Transit System

Improvements to Spadina/Dundas Intersection and Spadina Station Streetcar Platform

As part of the TTC's ongoing commitment to build a better transit system for Torontonians, track and infrastructure upgrades will take place at the Spadina and Dundas intersection starting July 14. The streetcar platform at Spadina Station is also being upgraded to prepare for the new low-floor, accessible streetcars that will begin service on the 510 Spadina route August 31. During this time of construction, local shops, restaurants and businesses will remain open. The TTC and City of Toronto encourage you to continue to support local businesses during construction.

What will this mean for TTC Customers?

- 510 Spadina streetcars will be replaced by buses. During the period of a full closure the 510 Spadina route will split into two routes, north and south of Dundas
- Spadina Station streetcar platform will be closed for upgrades to accommodate the new streetcars and installation of an accessibility ramp
- 505 Dundas streetcars are diverting around the intersection in both directions

For more information, go to www.ttc.ca

Jul 14 – Jul 28 (10 a.m.)*



505 Dundas streetcar diverting
(no service for stops on Dundas St. between Bathurst and McCaul Streets)

Jul 28 (after 10 a.m.) – Aug 11 (6 a.m.)*



Full intersection closure:
510 Spadina buses split into two routes

1. Spadina Station to Baldwin St.
 2. Sullivan St. to Queens Quay
(customers must take transfer and walk between Baldwin and Sullivan Streets)
- 505 Dundas streetcar diverting**
(no service for stops on Dundas St. between Bathurst and McCaul Streets)

Aug 11 (after 6 a.m.) – Aug 30*



510 Spadina buses and 505 Dundas streetcar back to regular routing

*timeline subject to change



Please support your local stores during construction

Aviation-fuel tax hike could put Ontario at disadvantage: Experts

6.7 cents per litre by 2017. Ontario's premier has proposed a yearly increase of one cent per litre

At a time when other provinces are moving to encourage airline traffic by decreasing or eliminating aviation fuel taxes, Ontario's decision to hike them will likely boost air fares and put the province at a competitive disadvantage, airline and airport officials say.

In a budget tabled last week, Premier Kathleen Wynne has proposed to phase in a four-cents-per-litre increase in the aviation fuel tax to 6.7 cents by 2017. The current tax of 2.7 cents per litre would rise by one cent per litre each year.

The increase, which the government has pledged as part

In other provinces

B.C. eliminated its international fuel tax in 2012, joining New Brunswick, Alberta, Quebec and Saskatchewan.

- Newfoundland and Labrador has no fuel tax for international flights but charges tax for flights to the United States.

- Manitoba has the highest rate at 3.2 cents, but nothing for U.S. and international cargo flights.

of \$29 billion it has dedicated to transit and transportation infrastructure upgrades in the next decade, is expected to add an estimated \$100 million in costs for airlines — cost that will likely be passed on to consumers through higher fares.

For Air Canada, the estimated \$50 million in addition costs represents a fraction of the more than \$11 billion it spends annually on fuel, salaries, currency fluctuations and other factors, said David Tyerman of Canaccord Genuity.

Marc-Andre O'Rourke, executive director of the National Airlines Council of Canada, said Ontario's rate would be "completely out of whack" with other provinces and would be one of the highest fuel taxes in North America. He said the province may not receive the full benefit from the increase because airlines may decide to fuel at airports outside Ontario.

Meanwhile, a study led by Fred Lazar, associate economics professor at York University's Schulich School of Business, concluded the tax hike will hurt the provincial economy, cut jobs and drive away tourists. **THE CANADIAN PRESS**



They grow up so fast! Prince George is (almost) 1

In this photo taken July 2, released to mark his first birthday, Britain's Prince George walks during a visit to the Sensational Butterflies exhibition at the Natural History Museum in London. The young prince turns one year old on Tuesday.

JOHN STILLWELL/THE ASSOCIATED PRESS

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Typhoon hits southern China killing 18 people

Rammasun. Same storm wreaked havoc in northern Philippines last week, leaving 94 people dead

The strongest typhoon to hit southern China in four decades has killed 18 people and destroyed tens of thousands of homes, the government and state media said Sunday, while in the Philippines the death toll from the storm's earlier destruction rose to 94.

Typhoon Rammasun killed nine people and left

five missing after hitting Hainan island on Friday off China's southern coast, the civil affairs ministry said in a statement. Nine others died later in the Guangxi region as the storm plowed into the mainland on its way north to Vietnam.

The storm destroyed 37,000 homes and ravaged 468,500 hectares of crops in Hainan and Guangdong provinces and Guangxi, causing \$4.3 billion US in damage, the official Xinhua News Agency reported.

The typhoon is the strongest to hit southern China in 41 years, according to the China Meteorological Administration.

Wind speeds

216 km/h

Typhoon Rammasun is the strongest to hit southern China in 41 years, with wind speeds reaching 216 kilometres per hour, according to the China Meteorological Administration.

The storm knocked down power lines and damaged buildings, Xinhua said.

Authorities in southern China ordered the highest level of alert and suspended hundreds of buses, trains and flights across the region.

THE ASSOCIATED PRESS



Cooler weather, rain helps quench wildfires

Firefighters tackle a flare-up at the Smith Creek fire on a hillside in West Kelowna, B.C., Saturday. About 2,400 of the 2,500 people displaced by the wildfire are being allowed back into their homes. Cooler weather and rainfall in parts of British Columbia have helped to quell wildfires across the province, but some areas in the southern and central interior are still facing an extreme danger rating. JONATHAN HAYWARD/THE CANADIAN PRESS

Greece

Climber falls to his death near summit of Mount Olympus

Police say a 59-year-old Greek man has died in an accident while climbing Mount Olympus, Greece's highest mountain.

The man was close to the 2,917-metre sum-

mit when he slipped and dropped more than 200 metres into a ravine. Authorities said there was intermittent fog high up the mountain.

Volunteers from the non-profit group Hellenic Rescue Team are trying to reach the body and bring it down the mountain.

Several paths of varying

technical difficulty lead to the summit, and the man was reportedly on the easiest of the routes, called Kakoskala.

Fatal accidents on Mount Olympus occur almost every year. The worst was in December 1976 when an avalanche killed six Greek mountaineers.

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Germany

Ceremony honours group that tried to assassinate Hitler

Germany on Sunday honoured a group of Nazi-era officers who tried to kill Adolf Hitler 70 years ago. The plot helped establish a principle under which German soldiers today are

encouraged to defy orders if they would result in a crime or violate human dignity.

In a sombre ceremony, President Joachim Gauck called the July 20, 1944, bombing of Hitler's Wolf's Lair headquarters in Eastern Prussia a "significant day in German history" for showing the world that there were Germans who opposed the Nazi regime.

THE ASSOCIATED PRESS

San Francisco

Washroom on wheels helps homeless in need

Homeless people in San Francisco can now hop a bus to take a shower.

A non-profit group has retrofitted a public transit bus with two full private bathrooms and is offering

hot showers, clean toilets, shampoo, soap and towels free of charge.

The group, Lava Mae, says the bus is mobile, allowing it to reach homeless people scattered throughout the city.

Lava Mae Founder Doniece Sandoval says a shower is vital to help the homeless improve their circumstances.

Lava Mae hopes to add additional buses to the city.

THE ASSOCIATED PRESS

Illinois

Theft suspect on Facebook gets herself arrested

Police investigating the theft of clothing and jewelry from an Illinois boutique say they arrested a woman after she posted Facebook photos of herself wearing one of the stolen items.

WSIL-TV reports that police arrested 27-year-old Danielle Saxton earlier this month on misdemeanor retail theft charges. She's free on her own recognizance.

The store's co-owner, Kert Williams, says he posted about the stolen items on Facebook and that people who saw Williams' posting and those of Saxton made the connection and helped police. THE ASSOCIATED PRESS

Pro-Russia rebels take control of Malaysia Airlines crash site

Eastern Ukraine.

International concern growing over handling of bodies and integrity of evidence on the ground

Rebels in eastern Ukraine took control Sunday of the bodies recovered from downed Malaysia Airlines Flight 17, and the U.S. and European leaders demanded that Russian President Vladimir Putin make sure rebels give international investigators full access to the crash site.

U.S. Secretary of State John Kerry said Ukraine's separatists were to blame for the downing of the aircraft, adding there was "extraordinary circumstantial evidence" that showed Russia was almost certainly complicit in arming the rebels.

"There's a stacking up of evidence here, which Russia needs to help account for. We are not drawing the final conclusion here. But there is a lot that points at the need for Rus-

sia to be responsible," Kerry said.

The key question of who controlled the collection of evidence at the crash site in rebel-held territory dominated the day's rapid-fire developments. International monitors say armed rebels have limited their access to the crash site and Ukrainian officials said armed rebels took the bodies away from their workers by force.

A wave of international outrage over how the bodies of the crash victims were being handled came amid fears that the armed rebels who control the crash site could be tampering with the evidence there.

Donetsk rebel leader Alexander Borodai said the bodies recovered from the crash site would remain in four refrigerated train cars in the rebel-held town of Torez, 15 kilometres from the crash site, until the arrival of an international aviation delegation.

The leaders of France, Germany and Britain issued a statement demanding that Putin make sure pro-Russia



A member of a local militia guards remnants of Malaysia Airlines flight MH17 during a visit by monitors from the Organisation for Security and Cooperation in Europe on Sunday in Hrabove, Ukraine. ROB STOTHARD/GETTY IMAGES

separatists in Ukraine give full access to investigators at the Malaysian plane crash site or risk the ire of Europe.

The U.S. embassy in Kyiv issued a strong statement Sunday saying it has concluded "that Flight MH17 was likely

downed by a SA-11 surface-to-air missile from separatist-controlled territory in eastern Ukraine." THE ASSOCIATED PRESS

Quoted



"The bodies will go nowhere until experts arrive."

Donetsk rebel leader Alexander Borodai, who said the bodies recovered from the crash site would remain in the rebel-held town of Torez until the arrival of an international aviation delegation.

Black boxes recovered

- Donetsk rebel leader Alexander Borodai said the plane's black boxes have been recovered and will be handed over to the International Civil Aviation Organization.
- Borodai insisted rebels had not interfered with the crash investigation, despite reports to the contrary by international monitors and journalists at the crash site.

Poll: Harper agenda out of touch with Canadians' concerns



NDP environment critic Megan Leslie speaks in the House of Commons on May 29. Research suggests key government policies are out of step with Canadians' priorities. SEAN KILPATRICK/THE CANADIAN PRESS

Public-opinion research for the federal Finance Department suggests key government policies are out of step with Canadians' priorities, including the Northern Gateway project.

Members of focus groups consulted prior to the February budget had "little enthusiasm" for the proposed bitumen pipeline to the B.C. coast — even those who said they support the controversial project.

And among the 12 groups consulted — from Coquitlam, B.C., to Bridgewater, N.S. — the economy itself was not a

In focus

3,000

The focus groups were conducted along with a public-opinion survey of 3,000 people, and were carried out in advance of the Feb. 11 budget under a \$135,000 contract.

top-of-mind concern.

Rather, the groups spontaneously raised education, health care, pensions and veterans as their key issues.

They also called for more processing and refining of

Canada's oil resources at home, and to do so in a more environmentally safe manner.

The findings of the January focus groups, commissioned from NRG Research Group, suggest the Harper government's central policy themes — trade and the economy, with an emphasis on energy exports — are resonating less with ordinary Canadians.

"There is little enthusiasm for the (Northern Gateway) project, even among supporters," says a Jan. 25 report on the findings.

"Detractors worry about

the environmental consequences in the event of a spill, particularly as a result of a tanker accident off the B.C. coast."

"There is an appreciation that increased market access for oil will be economically beneficial but there is still a desire to do so in a more environmentally safe manner."

The Harper government has made Northern Gateway a central plank of its energy strategy, and has pilloried environmental groups who oppose it, labelling them "radical." THE CANADIAN PRESS



Just don't kiss it ... the prince would be huge!

A 22-metre-high golden fabric frog is displayed at Yuyuantan Park on Saturday in Beijing. The frog is based on the golden frog, which symbolizes lucky culture and is thought to bring wealth and fortune in Chinese traditional culture. The exhibition will last until Aug. 20. CHINA FOTOPRESS/GETTY IMAGES

What marketing and shark scares have in common

An online video hoax of a shark in Lake Ontario that caused real-world consternation this past week demonstrates the attention-grabbing risks marketers are taking in an increasingly media-fractured universe, experts say.

The problem, they say, is that efforts to stand out from the crowd via "prankvertising" can easily backfire.

"Until you've done something, you can't really say, 'OK, maybe that wasn't the smartest idea,'" said Stephen Morgan, former creative director with MR.G in Toronto. "There is definitely no rule book."

It was only on Wednesday — six days after the YouTube video surfaced, frightened



A screenshot of the YouTube video.
THE CANADIAN PRESS

some lake users and sparked safety concerns that ultimately reached the Ontario legislature — that Discovery Canada admitted the finned creature was a lifelike model. The idea was to create some buzz for a TV series on real sharks, not cause terror, Discovery Canada president Paul Lewis said by way of an ex-

planation.

"There was no anticipation on our side to cause any kind of fear or upset at all," Lewis said.

Some observers were skeptical. Morgan, who doesn't think the ad will mean a spike in viewership for Discovery, said creative talent at agencies aim to be "disruptive" and that in his opinion, "You can bet the (Discovery) creatives hoped for that, even if they downplayed it to the client. Shame on agencies for selling this kind of stuff."

Jeremy Robinson, creative director with Toronto-based Jar Creative, said engineering a viral video without provoking anger or upset is difficult.

THE CANADIAN PRESS

It may be time to burst your bubble



HOW TO ROLL
Alison Griffiths
metronews.ca

You would think that Canada's housing market was the champagne industry — there's so much talk of bubbles. For the past couple of years it's been bubble this and correction that. Yet the market keeps, well, bubbling up, at an annual rate of 4.4 per cent to the end of May 2014.

However, FitchRatings last week stated that Canada's real estate market was 20 per cent overpriced, while the Morningstar rating agency predicted that a 30 per cent correction could happen over the next few years.

What can you do to protect yourself? Here are some suggestions:

Landlords: An easing in

prices, combined with continued low interest rates, is a homebuyer's perfect dream. A deep correction of more than 20 per cent is heaven itself. Should it come to pass, renters who are waiting and hoping for their chance at home sweet home will buy and the rental market will soften as vacancy rates climb. Landlords should stay on top of maintenance in order to keep their units as attractive as possible and stash cash just in case vacancy rates soar, leaving units empty.

Homeowners: Avoid a home equity line of credit because these are based on the property's value and may be reduced or eliminated when the mortgage term is up. If you must borrow to pay for essential repairs, consider remortgaging now if fees and penalties are not significant.

Prospective buyers: Don't. At least, not yet. Yes,

if prices continue to defy the sky-is-falling predictions, you may end up paying more. But having a bigger down payment could more than compensate and protect you from the impact of higher interest rates.

If real-estate money is burning a hole in your pocket, be a vicarious owner. Choose a low-fee exchange-traded fund (ETF) that tracks an index of Real Estate Investment Trusts (REITs) and is diversified among commercial, industrial and residential real estate.

My favourite REIT ETF is the BMO Equal Weight REIT (ZRE) because it is a little less concentrated in three of the biggest names: RioCan, Brookfield Office Properties Inc. and H&R REIT. The other two options are iShares S&P/TSX Capped REIT (XRE) and Vanguard FTSE Canadian Capped REIT (VRE).

New regulations

Mechanically tenderized beef to be labelled

Canadian shoppers will be able to see if the beef they're buying has been mechanically tenderized. Labelling regulations to take effect Aug. 21 are designed to protect consumers after a huge meat recall two years ago.

Health Canada says beef that has been mechanically tenderized must have a sticker saying that.

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50	16.47	29.16	52.38	100.08	12.69	19.98	36.45	66.60
55	24.57	49.05	88.20	166.50	18.45	32.97	63.45	121.50
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ANTI-GUN PROPOSAL OFF TARGET

The critics came out in force after mayoral candidate Olivia Chow endorsed a Toronto handgun ban last week.

I wasn't a fan of Chow's announcement, but I also had a problem with what emerged as one of the most common criticisms of the Chow gun policy. To hear some tell it, even talking about laws further restricting guns is a fool's errand because, hey, bad guys are the ones who use guns for crimes and bad guys don't obey laws anyway.

That was the sentiment expressed by Chow's main opponent in the mayoral race. In a statement, John Tory accused Chow of not understanding that "criminals and gang members don't obey the law."

That's way too simplistic for my taste. It assumes there's some subclass of inherently evil people — I'd guess they have mustaches — who will always ignore the law, so any laws targeting these people are useless.



URBAN COMPASS
Matt Elliott
toronto@metronews.ca

I don't buy it.

Besides, there are far more legitimate — and logically sound — reasons to take aim at the prospect of banning handguns. Let's start with the fact that it's simply not something the mayor can do. That means it's more platitude than meaningful policy.

The last time a Toronto mayor tried to find a way to limit the presence of guns within city limits, Mayor David Miller's city council embarked on a bizarre quest to shutter shooting ranges and chase away the Toronto Sportsmen's show at Exhibition Place. That didn't seem like a great use of the mayor's time back in 2008. And I don't think anyone running for the job should be ready to take another crack at it.

Given that experience and the limits of the office, what Chow is really pledging to do is ask the federal government to pass laws further restricting handgun possession.

And I find it hard to get all that enthused over what'll amount to a polite request.

I'm not saying that addressing youth violence shouldn't be a priority for whoever sits in the mayor's chair after the election in October. It's just that there are better ways to address those issues — ways that actually fall within council's scope of power.

Those ways would include things like major investments in affordable housing. Things like youth programs and measurements to ensure those youth programs are doing what they're supposed to do. Things like real programs to reduce poverty. Things like police accountability. Things like transit.

To her credit, Chow did touch on some of these measures in her announcement, but that was mostly lost amidst her showy call for gun control. It stood as another platitude in a political climate that is already dominated by way too many of them.

I'd rather see real policy.



Read more of Matt's blog, Ford for Toronto, at metronews.ca

THE OLD MAN AND THE KEY



Wally Collins, second from left, is congratulated after beating 130 other men to be crowned the 2014 "Papa" Hemingway Look-Alike Contest winner at Sloppy Joe's Bar in Key West, Fla. Collins, a Phoenix, Ariz. resident, won the title on his sixth try. ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU THE ASSOCIATED PRESS

The son also rises, but it's papa for the win in Hemingway look-alike contest

A white-bearded Arizona restaurateur has won Key West's annual "Papa" Hemingway Look-Alike Contest on his sixth attempt.

Wally Collins of Phoenix triumphed over 130 other entrants, including his son Matt Collins, late Saturday night at Sloppy Joe's Bar. The bar was a favourite of Ernest Hemingway during the 1930s. Competitors in sportsman's attire paraded before a

judging panel of former winners during two preliminary rounds and the finals, trying to prove their resemblance to the real Hemingway.

Collins, who also has researched the role concussions may have played in Hemingway's 1961 suicide, said he admired Hemingway's ideals and taste for adventure.

"I didn't have as many wives as he had, and I have a lot more children and grandchildren, but there are a lot of things that he stood for that I really like," Collins said.

Hemingway was born on July 21, 1899.

THE ASSOCIATED PRESS

Hemingway Days

The contest is a highlight of the annual Hemingway Days celebration honouring the author who lived and wrote in Key West from 1931 to 1939.

- His home in the Florida city, where he wrote *For Whom the Bell Tolls*, is now a museum.
- The festival also includes a short story competition directed by Ernest's granddaughter, Lorian Hemingway, and a spoof on the running of the bulls in Pamplona, Spain.

METRO AUGMENTED REALITY

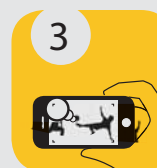
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MetroTube

Man 'lucky' to be hit by mattress truck



ANDREW
FIFIELD
andrew.fifield@metronews.ca

In this space last week, we showed you a pretty scary accident that ended with a motorcyclist being thrown onto the roof of a vehicle after being rear-ended by another. Happily, he avoided serious injury.

More lucky is this gentleman, who found himself sideswiped by a truck while riding in Brazil — because if not for the cargo it was hauling, things could have been much worse. (EpicBulbTV Viral/ YouTube)



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By. Bryan Lee O'Malley

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MIND THE APP
Kris Abel
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Katie is a chef so drawn to the control of her kitchen that she's made her restaurant her home. She becomes tempted to replay her life when mysterious forces test her destructive impulses. The creator of Scott Pilgrim is on fire again with imaginative, dream-like visuals, likeable characters, and a tricky time-travel story masterfully told for a compulsive read.

Box office

Apes rule movie jungle, once again

Dawn of the Planet of the Apes topped the box office for the second-straight week with an estimated \$36 million, easily besting the horror thriller The Purge: Anarchy. In third place is Planes: Fire & Rescue, while Sex Tape failed to turn on moviegoers. **THE ASSOCIATED PRESS**

The Dirty Heads' summer bummer — gone too soon

Sound of Change. New album heavy on reggae-rock vibe with a song detailing a short-lived summer romance

CHRIS CARPENTER
Metro in New York City

With August fast approaching, SoCal rockers Dirty Heads express their bittersweet qualms with the fleeting nature of the season on My Sweet Summer, the lead track from their fourth studio album, Sound of Change.

"I was doing a writing exercise where I was writing songs for other people and sending them out. Kenny Chesney and I were shooting emails back and forth, so I had started this country-ish, reggae-ish song," Jared "Dirty J" Watson, lead singer of the Dirty Heads, says about the early inception of Summer.

Chesney — arguably country music's reigning king right now — is a self-proclaimed super-fan of the Dirty Heads.

"I think country music is great; it's hilarious. I love the storytelling aspect," Watson says. "For somebody like Kenny Chesney to have touched so many people and have so many fans — obviously he's doing something amazing. For



Jared Watson and Dustin Bushnell of the band The Dirty Heads. GETTY IMAGES

him to play our music before his shows, that's just really cool. It's crazy. That whole 'barefoot, sand, Coronas' vibe

that he brings is like the country version of us. He's a very cool dude."

Of course, Summer, the way the Dirty Heads play it, doesn't exactly sound like a country tune. Inspired by the escape of summer — both literally and figuratively — Watson crafted the song around the departure of a summer romance.

Bittersweet

"We knew that we had something special."

Jared "Dirty J" Watson, lead singer of the Dirty Heads describes crafting My Sweet Summer around the inspiration of the end of a summer romance.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear how the Dirty Heads transformed My Sweet Summer!



→ See the full instructions on Metro's Voices page.

"When the idea of 'my sweet summer is gone' came and we [the band] nailed down the idea and the gist of the story that we wanted to tell, it was just about painting a cool picture. We knew that we had something special," says Watson.

Dirty Heads' most successful song to date came in 2010 with the acoustic surf tune Lay Me Down. The song reached No. 1 on both Billboard's Alternative chart and Rock chart.

"[Surf culture] tied into our music very heavily in the beginning. Now that we're grown men and have been doing this for 10 years and have seen the world, I think that this band is a lot more international and worldly," says Watson. "I think our new album is a little broader. It's so heavy on that reggae-rock vibe. It's something new."

Long past their days of crawling the country in a van, the band are currently on tour with Pepper and are playing select dates with 311.

"Touring in a van and not making any money for seven years made us who we were," says Watson. "We didn't care; it was all about the music. We knew it was going to pay off."

The Fall. Second season of BBC murder mystery is coming, but no date given

Gillian Anderson has the killer in sight in The Fall.

A first teaser for the second season of the British TV series, which will be released in the fall on BBC Two, has just been unveiled.

Starring Gillian Anderson (The X-Files) and Jamie Dornan (the upcoming 50 Shades of Grey), the drama follows a police officer played by Anderson who came to investigate a series of murders of young women in Northern Ireland.

Viewer numbers

3.3M

The number of viewers the five episodes of the first season of The Fall gathered on average when broadcast in May 2013.

The killer's identity is quickly unveiled to viewers: he is played by the future Christian Grey, Jamie Dornan.

And he appears to have an obsession with Anderson's character, judging from the first 50 seconds on BBC Two.

Broadcast in May 2013, the five episodes of the first season gathered 3.3 million viewers on average. The drama is also on Netflix.

No date has been given for the release of the six episodes of the second season, which will also feature Colin Morgan (BBC's Merlin). **AFP**



Gillian Anderson in The Fall. CONTRIBUTED

2 SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Aguilera party finds new meaning for birthday cake



STARGAZING
Malene Arpe
scene@metronews.ca

An American attempts to claim 800 square miles of land in Northern Africa so that his daughter can be a real princess. "Whatever," says Veruca Salt.

Ariana Grande's Nickelodeon show *Sam & Cat* is cancelled. I don't understand all of those words, but I do know it sucks when my cat knocks over my grande latte, so condolences?

Blake Lively is launching



a lifestyle website called Preserve. It will feature 1) Canning tips. 2) Essays on conservation of heritage buildings. 3) A tribute to the Preservation Hall Jazz Band. 4) A screed against Butylated hydroxyanisole and L-cysteine. 5) Cute pictures of expensive shoes.

Marvel Comics introduces female Thor. Space does not allow me to elaborate

on the sexist weirdness of a "strong female character" having to spring from a long-established male character, so I'll just say "blergh." Also, the only time Thor transformed into a woman was when he went to Jotunheim to trick the giant Thrym into returning his hammer by pretending to be Freya and Loki said (that's more than enough. - ed.)

Christina Aguilera's baby shower reportedly featured a cake that had as decoration a woman on a rug birthing a baby whose head was "poking out". That explains the new Slimband slogan: "Almost as good at completely destroying your appetite as accidentally attending Christina Aguilera's baby shower."



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Award makes this Lohan comeback a little more legit, right?

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, *Mean Girls*, that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held on to the promise that *Mean Girls* created. And now she's been feted at the Ischia Global

Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's *Speed-the-Plow* on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback. Maybe she deserves the award after all.

Cosby confessions: Theo had a crush on Denise



Malcolm-Jamal Warner

This may not sit well with you, but Malcolm-Jamal Warner has revealed that while making the *Cosby* Show, he had a major crush on his on-screen sister, Lisa Bonet. "We were so close in age," Warner tells Access Hollywood. "But, you know, I never had a shot. You just know. At 13, 14, you know when you have a shot or not, even at that age." As for where he stands today with Bonet, who is married to *Game of Thrones* star Jason Momoa?

"She's cool," Warner says. "Lisa and I, we've always been very cool."

You can cure your kid with food, so says Paltrow



Gwyneth Paltrow

Fear not, parents. Gwyneth Paltrow is back with more excellent lifestyle advice, this time about what you're feeding your kids. Paltrow took to her Goop soapbox to extoll the virtues of the new book *Cure Your Child with Food*, by Kelly Dorfman, that suggests a lot of recurring ailments could be due to what your kids are eating. For instance, too much dairy is likely the cause of chronic ear infections, and a zinc deficiency can lead to a general "failure to thrive." And really, isn't preventing any failures in the thriving department what Goop is all about?



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@samantharonson

Twitter Tourette's Syndrome is not a thing. You signed on, typed it up, hit send. Own it.



@lenadunham

My favorite part of having a cold is probably the sweaty, unyielding dreams that my family and friends have abandoned and ostracized me <3



@SarahKSilverman

I have Angelina Jolie's lips, it's just that they're in my underpants

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Do your rating credit. Check it

On file. Everything you ever wanted to know — and maybe a few things you didn't — about your credit history and why you should keep an eye on it



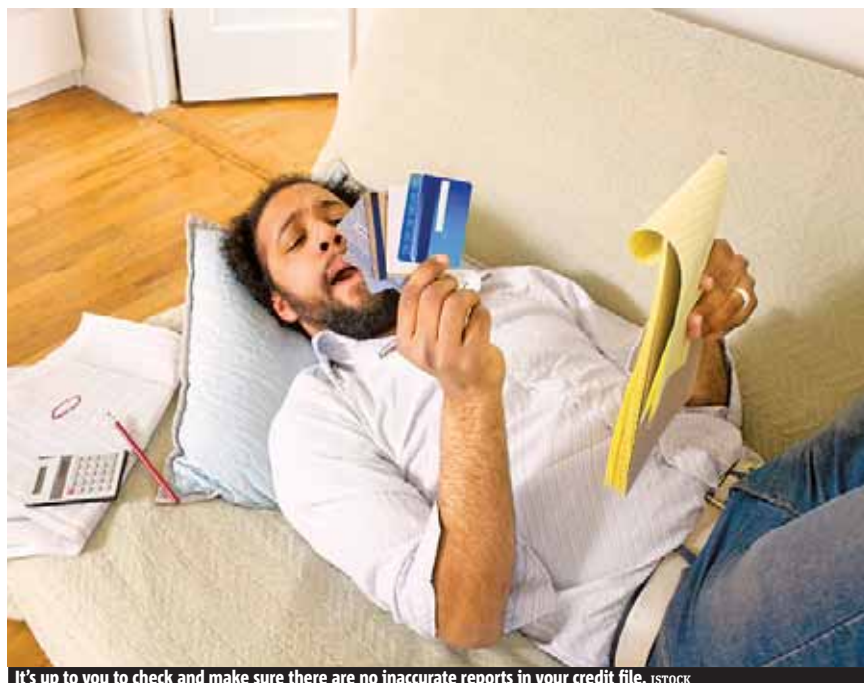
GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you checked your credit file recently? You should.

Your credit file contains a listing of debit and credit payments and it includes public record information about how promptly you've paid bills, along with all the yucky stuff like collections, judgements and bankruptcies.

Typically credit agencies will keep a record of accounts that were paid and have no negative history for up to 20 years or for as long as you have a relationship with the company with which you did business. If you cancel an account, the credit agency has no way of maintaining a current and accurate credit file so they often delete credit information. That's why when you cancel a credit card the credit history that goes with it disappears. If you have a long history with a credit card supplier and want to stop using that card, cut it up but don't cancel the account until you've established a credit history on a new card.

Most people don't realize that when a business makes an inquiry — when it checks your credit — that inquiry not only affects your credit score, but it stays on your file for one to six years depending on the type of inquiry.



It's up to you to check and make sure there are no inaccurate reports in your credit file. ISTOCK

Annual credit check-up

Check your credit files at least once a year to ensure the information is correct.

- Send a written request to one of the two major credit bureaus in Canada: Equifax Canada Inc. or Trans Union of Canada Inc.

- More information can be found online at equifax.ca and transunion.ca.

- There is no charge for this service if you ask for your record by mail.

Some credit-reporting agencies report the lenders' rating of each of your credit history items on a scale of 1 to 9. A rating of "1" means you pay your bills within 30 days of the due date. A rating of "9" means that you never pay your bills at all or that you have made a consumer debt repayment proposal to the lender. A letter will also appear in front

of the number: for example, I2, O2, R2. The letter stands for the type of credit you are using.

"I" refers to an installment loan, such as for a car loan, where you borrow money once and repay it in fixed amounts, on a regular basis, for a specific period of time until the loan is paid off. "O" refers to open credit such as a

line of credit, where you borrow money, as needed, up to a certain limit and the total balance is due at the end of each period. "R" refers to revolving credit, on which you make regular payments in varying amounts depending on the balance of your account, and can then borrow more money up to your credit limit. Credit cards are revolving credit.

If you've mucked up your credit, know that the record of your financial indiscretions will remain on your file for all who inquire to see for up to six years after you diddled around and defaulted on the account.

If you go through a debt repayment program, like one offered through credit counseling, the record will be removed from your file two years after you finish paying off your agreed upon amount,

or six years after you defaulted on the account, whichever comes first. If you do a consumer proposal, the proposal and all accounts reported as satisfied through the proposal are removed from your file three years from the date you satisfied the proposal.

The amount of time a bankruptcy stays on file is dependent on where you live. Typically, if you live in B.C., Yukon, N.W.T., Nunavut, Alberta, Saskatchewan, Manitoba or Nova Scotia, the record will stay in place for six years from the date of discharge. In Ontario, Quebec, New Brunswick, P.E.I. and Newfoundland and Labrador, it stays on record for seven years from the date of discharge. However, if you've gone bankrupt more than once, each will remain on your file for 14 years from the date of discharge of each bankruptcy.

If you get a judgement against you, the same rules apply as with bankruptcy except for P.E.I., which keeps the record on file for ten years.

If you've been sent to collections, the record will be removed from your file six years after the date you defaulted on the account with the original creditor.

So if some collector calls you up after six years and says they're trying to collect on the debt, they have no recourse and you can blow 'em off. Your record is clear.

The longer you exhibit good credit behavior by paying your bills on time and managing your credit wisely, the more your credit rating will improve, until you once again achieve a favorable credit rating. And if you've got a good rating that's been marred by inaccurate reporting, it's your job to fix it.

Love or lust? Eyes will tell

Does your date see you as a potential soul mate or an object of lust? Gaze patterns — more specifically where he or she looks — could help you find your answer, according to researchers at the University of Chicago.

They say that glancing at the other person's body could indicate sexual desire, while focusing on the eyes and face is an indicator of love and such judgment reveals itself rapidly.

"Although little is currently known about the science of love at first sight or how people fall in love, these patterns of

response provide the first clues regarding how automatic attentional processes, such as eye gaze, may differentiate feelings of love from feelings of desire toward strangers," says lead author Stephanie Cacioppo, director of the UChicago High-Performance Electrical Neuroimaging Laboratory.

Co-author John Cacioppo, director of the Center for Cognitive and Social Neuroscience, says the study indicates eye tracking could be useful in the field of psychiatry and more specifically in couples' therapy.

AFP

Meta study

Practice will make you better — but perfect? Not likely

Researchers from Rice University, Princeton University and the University of Michigan teamed up to conduct a meta-analysis of 88 previous studies that debate the age-old question of whether practice makes perfect, concluded that although practice is unlikely to make perfect for all but a select few, it will improve anyone's game. **AFP**



ISTOCK

Be at om with others

Namasté social anxiety away

Researchers at Queens University challenged the common association of yoga and other exercise-based relaxation activities with relief from tension, stress and anxiety, concluding they can be beneficial to those with social anxiety.

The study found such activities are quite literally able to change people's perception of the world, reducing threatening and negative feelings. **AFP**

Battle of the sexes

Let's talk about who does it more

Researchers from Northeastern University in Boston attacked the stereotype that women are more talkative than men, finding that different group settings yield different results. "It's a very particular scenario that leads to more interactions. The real story here is there's an interplay between the setting and gender which created this difference." **AFP**

3
THE

Money 101. Two couples, one year to make them richer

Never been so happy — and so rich



Since January, two Canadian couples have taken on the challenge to completely change their financial future. Together, we have worked on budgets, debt reduction, retirement planning, home-buying and financial planning. Both couples have risen to the challenge and have collectively improved their net worth by more than \$50,000. Follow @LesleyScorgie and cheer these couples on as they work to achieve their goals. — *Lesley-Anne Scorgie*



Anne-Marie's and Peter's cash flow has decreased lately as the couple deals with nursing challenges. SHUTTERSTOCK

Anne-Marie and Peter

Parenting has brought Anne-Marie and Peter tremendous joy this past month, despite a few feeding and sleeping challenges. Adding to their glee is a growing bottom line. In particular, a strengthening stock market has contributed to a large increase in the value of Anne-Marie's defined benefit pension — more than 25 per cent since January. While on parental leave, she will continue to participate in her plan, adding to the value, but this will eat into the couple's maternity budget.

Anne-Marie's and Peter's cash flow has taken a bit of a hit lately as the couple deals with nursing challenges. The cost of feeding consultants and prescriptions has totalled close to \$1,000, but Anne-Marie, in particular, feels the issue is nearly resolved. To afford these medical expenditures, the couple paid \$1,000 less toward their debts this past month and will keep their receipts for tax time as they may qualify for tax credits. Overall, these unexpected expenses have reinforced the need for building emergency funds going forward.

For the remainder of the year, the couple will endeavour to become debt-free. They still owe \$5,200 on their low-rate credit card and \$2,800 on their vehicle loan. Spread

Anne-Marie and Peter recap

- | | |
|--|--|
| • Location: Toronto | and are committed to paying off debt |
| • Ages: 37 and 33 | |
| • Occupations: Broadcasting and sports editing | • Rent or own: Rent |
| • Total household income: \$110,000 | • Top goals for 2014: Pay off debt; start an RESP; and start saving a down payment |
| • Life stage: First child arrived in May | • Current net worth: \$93,850 |
| • Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, | • Homework from last month: Evaluate balanced investments and plan to set up an RESP |

equally over the next five months, that's approximately \$1,600 per month. The challenge will come when Anne-Marie's parental leave "top-up" from her company ends in October. So they are making hay while the sun is still shining.

Due to a high volume of new parent commitments, the couple is yet to set up their daughter's RESP, so this is the first part of their homework this month.

At the same appointment with their investment adviser, they will also be choosing different and better suited investments for their RRSP

portfolios. Anne-Marie and Peter are still interested in low-fee mutual funds suited to their medium-risk investment profiles due to the fact these funds are professionally managed and offer an opportunity for diversification. Once their investment acumen improves, they will consider more traditional investments like stocks and bonds.

Homework:

Anne-Marie and Peter will set up their daughter's RESP and change their investment holdings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina and Jose are looking forward to decorating their new townhome. SHUTTERSTOCK

Carolina and Jose

Carolina and Jose have officially settled into their new townhome and credit three reasons for why they are so happy.

First, for the first time in their lives, they have a forced mechanism to save money through building equity in a home they own. Through bi-weekly mortgage payments of approximately \$590 and a five-year, fixed rate of 2.99 per cent, a huge chunk of Carolina's and Jose's payments are going toward equity rather than interest.

Second, their home is theirs to do with as they wish. They have been dreaming about what features, such as paint and light fixtures, they would eventually like to upgrade.

But before they get ahead of themselves, Carolina's and Jose's homework is to create a list of what they would like to improve, by when and the cost. This will help balance out their home improvements so they give themselves enough time to save up rather than charge to their credit card. Luckily, they have already been able to avoid one meaty home maintenance item — a new water heater, which was replaced by the former owner.

Third, their three girls are adjusting well and making new friends — a priceless benefit.

This month, the couple is

Carolina and Jose recap

- | | |
|---|---|
| • Location: Calgary | home, are very frugal and have no retirement savings |
| • Ages: 33 and 32 | |
| • Occupations: Stay-at-home mom and safety co-ordinator | • Rent or own: Own |
| • Total household income: \$62,000 | • Top goals for 2014: Pay off debt; buy a house; and visit family |
| • Life stage: Three daughters aged five, three and one | • Current net worth: — \$6,500 |
| • Financial savvy: Medium — they have established a budget, purchased a | • Homework from last month: Work through their 60-day new homeowners' checklist |

shifting gears toward their next great financial challenge — debt repayment. They owe \$6,800 on their line of credit and make payments of \$100 per month. They also owe \$14,700 in student loans, of which they pay nothing toward due to relief through a student loan payment assistance program.

Their debt repayment plan starts with a revised budget, taking into account their new home and an understanding of how much they can afford to pay each month. Thus, Carolina's and Jose's second homework item this month is to revise their budget.

To further reduce their debt, Jose is considering selling his 15-year-old car and putting that money toward their debts.

He no longer needs his vehicle because his work supplies him with a truck.

Ideally, the couple wants to strike a balance between becoming debt-free while sprucing up their new pad.

Homework:

Carolina and Jose will create a list of home improvements and a revised budget.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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Time to revive the planking craze to give salmon a delicious smoky flavour

**TOTAL
TIME**
ABOUT 20
MINUTES



This recipe serves four. LORELLA ZANETTI

Cedar Planked Salmon with Maple Glaze. This fish makes a perfect partner for the barbecue and contains healthy fats



ROSE REISMAN
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When it comes to summer-time cooking, the barbecue is the easiest, most enjoyable and social way to cook.

Salmon is my number one fish for the "barbie," but cooking it on a cedar plank is so much more flavourful.

You can purchase the thin wooden planks in your grocery store where fish are sold. Soak them in water for at least 20 minutes to prevent burning.

For an alternative cooking option, feel free to bake your salmon in 425 F oven for 10 minutes per each inch of thickness.

I prefer to use organic salmon as a precaution against mercury and other pollutants that can be in our fish.

Salmon, a fatty fish, is an excellent source of omega-3 fatty acids. It's proved to be beneficial in the treatment of osteoarthritis, cardiovascular health and in decreasing the risk of macular degeneration.

The maple syrup sauce over top of the fish is addictive. I also use it over grilled

FLASH FOOD



From your fridge
to your table in
30 minutes or less

chicken, pork or tofu.

You can cook the sauce up to 3 days in advance and refrigerate. When you are ready to use it, reheat it in a small skillet over low heat just until it is warmed through.

Happy (and healthy) grilling!

Directions

1. Preheat your barbecue to 425 F and either spray a cedar plank or grill with vegetable oil.

2. Whisk the maple syrup,

soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook the mixture over medium heat until thickened and smooth, about 2 minutes. Remove the sauce from the heat. If it is too thick, just add a little bit of water.

3. Place the salmon, skin-side down, on the plank or grill. Brush the top half of the salmon with some sauce. Sprinkle with sesame seeds. Cover the grill and cook for 10 minutes per inch of thickness or until the fish flakes easily when pierced with a fork.

4. Garnish the finished salmon with cilantro and serve on the cedar plank with the remaining sauce on the side.

Ingredients

- 1/4 cup pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- Four 4-oz skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

Nutritional information

Per serving

- Calories. 250
- Carbohydrates. 16 g
- Fibre. 0.3 g
- Protein. 24 g

- Total fat. 10 g
- Saturated fat. 1.6 g
- Cholesterol. 64 mg
- Sodium. 323 mg

From 'yuck' to 'yum' in four steps

No longer being fed to the dog under the table, these days brussels sprouts are a very trendy and nutritious vegetable.

Roasting brings out a wonderful flavour that's much better than steamed or boiled.

Brussels sprouts are part

of the cruciferous vegetable family and contain an antioxidant known to fight cancer. Additionally, they are also an excellent source of fibre.

This dish is also great served at room temperature as a salad.

1. Preheat the oven to 400 F. Line the baking sheets with foil sprayed with vegetable oil.

2. Place the brussels sprouts

in a bowl and add the Parmesan, olive oil, salt and pepper, and garlic. Mix well and place on the baking sheet along with the red pepper.

3. Roast for 20 minutes, turning occasionally just until tender and slightly browned. Peel the skin off the pepper and cut into large wedges.

4. Garnish with almonds.
THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 1/2 lb Brussels sprouts (stems removed and cut in half)
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 1 tbsp olive oil
- Pinch of salt and pepper
- 1 tsp minced garlic
- 1 small red pepper, seeded and cut in half
- 1/3 cup toasted slivered almonds



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

How many chefs are in your life's kitchen?

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When I took on the Gobi, the scope of the project was too vast to take on on my own. The project's novelty forced me to solicit help in my preparation from those around me: my family, my colleagues, my social circle. While at first all of this advice was welcome, it rapidly got to be too much. I had too many chefs in my kitchen.



Sometimes the sweetest dishes come from the solo chef. iStock

One of the first action items when taking on a major endeavour is to get oriented. This means framing the data in order to build a plan. While this orientation requires the assistance of others, the challenge is knowing when we have enough data points to create the blueprint. Too little information results in an ill-conceived plan;

too much results in a state of paralysis and therefore inaction.

Three weeks into my Gobi preparation, my refrain switched from a novel, "Great idea, I'm doing it" to, "Thanks for sharing, there are many ways to prepare for this challenge and I have determined what is most effective for me."

We have all witnessed someone take on a challenge with a tangible risk of failure. Those who take on limited accountability distance themselves if the challenge proves unsuccessful. In this case, the finger points at the collaborative process: either others didn't come through, or they provided the wrong advice.

In the desert, however, I was left to my own devices. Placing the burden of failure on an unnamed "other" would not get me to the finish line. Instead, I trained my thoughts toward collaboration, by hearing and considering

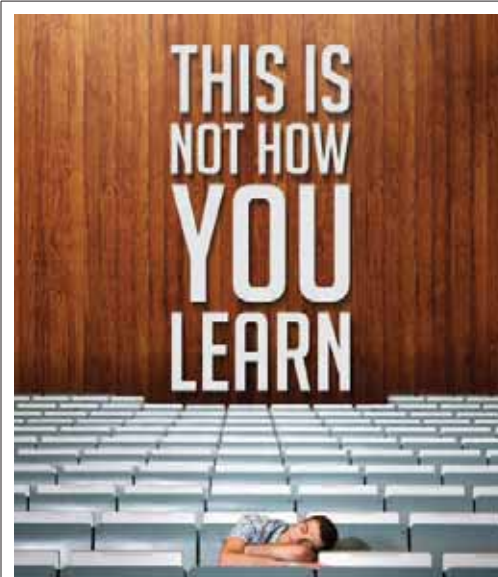
others' opinions and ideas, but only listening to my own.

In the end, we are all

the chefs of our own kitchens. While it takes a village to raise a child, one man's race begins with his first

step alone.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



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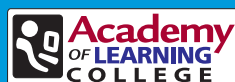
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No day of rest at Indy

Honda Indy Toronto.
Conway, Bourdais get
checkered flags at
Toronto doubleheader

A dramatic weekend that featured a postponed race, plenty of rain and enough collisions to fill a junkyard was won by a pair of unassuming drivers who held their nerve as others cracked.

Sebastien Bourdais and Mike Conway entered the Honda Indy overlooked.

They shouldn't have been.

Bourdais, who hadn't won a race in six years but previously conquered the 11-turn, 2.81-kilometre track at Exhibition Place in 2004, led all but seven laps in the morning race Sunday to win from pole. He was initially angered when he thought the Saturday race was cancelled by a slippery race-track.

The race was merely postponed, and Bourdais returned to his car Sunday waiting for his luck to run out. It never did.

"I've got a big smile across my face and I can't seem to get rid of it. It's just really cool," said Bourdais.

"The whole race I couldn't



Sebastien Bourdais was ahead of the pack for most of the first IndyCar race on Sunday afternoon at Exhibition Place. DAVID COOPER/TORSTAR NEWS SERVICE

stop thinking. I was very stressed out. It felt too easy, it felt like it was too much under control and it felt like it was going to go wrong at some point. I don't know, it didn't. I was surprised about that because that's

what happened all season long so far."

Conway, who only competes on road and street courses, didn't have the pace of his rivals. That showed in the opening race with a 15th-place finish. But Conway saw something no one else did in the second race of the doubleheader.

Rain fell again and caused multiple collisions. Yet, unlike Saturday, the weather eventually showed some mercy and Conway spotted a drying track before almost anyone else.

Usually a team tells a driver when to make a tire change. Conway told Ed Carpenter Ra-

cing, however, he was coming in on Lap 43 of the 80-minute race.

"I knew I had to make a call at that moment because my wet tires were kind of going off and we were only going to go slower, and I knew the slicks would be for sure quicker," said Conway. "So yeah, worked out, worked out really well."

The afternoon race had been a fight for the lead between Penske teammates and championship contenders Helio Castroneves and Will Power. But both went to the pits for new tires, allowing Conway and several others to the front of the

pack for the first time.

Conway took the lead on Lap 51, while Castroneves dropped off the pace. Conway benefited from yet another delay when another collision collected several cars and triggered a red flag.

As he waited for the race to resume with less than five minutes remaining, Conway tried not to get too excited.

"For sure I sat there in pit-lane, I was like, could be another win in the cards," he said. "But I couldn't tell anyone that. For sure you think it but you've got to put it in the back of your mind." **THE CANADIAN PRESS**

Hurting Hinchcliffe



"It's one of those things, we're sitting up here, talking, saying, 'What do we have to do to catch a break, here or anywhere this season.'"

James Hinchcliffe, from Oakville, who was eighth in the opening race, matching his career best in Toronto through four years in IndyCar. But he slid into a tire barrier in the afternoon race and had to settle for 18th.

Boy Wonder-ful at British Open



Rory McIlroy of Northern Ireland holds the Claret Jug aloft after his two-stroke victory at the 143rd Open Championship at Royal Liverpool on Sunday in Hoylake, England. TOM PENNINGTON/GETTY IMAGES

Walking off the 18th green as British Open champion, Rory McIlroy kept gazing at all the greats on golf's oldest trophy.

On the claret jug, his name is etched in silver below Phil Mickelson.

In the record book, he is listed behind Jack Nicklaus and Tiger Woods as the youngest to get three legs of the career Grand Slam.

And over four days at Royal Liverpool, he had no equal.

"I'm immensely proud of myself," McIlroy said after his two-shot victory Sunday that was never really in doubt. "To sit here, 25 years of age, and win my third major championship and be three-quarters of the way to a career Grand Slam ... yeah, I never dreamed of be-

AUGMENTED REALITY

→ Scan the image with your Metro News app for a gallery of Sunday's action in Liverpool.



→ See the full instructions on Metro's Voices page.

ing at this point in my career so quickly."

He had to work a little harder than he wanted for this one.

Staked to a six-shot lead going into the final round, McIlroy turned back every chal-

lenge. He made two key birdies around the turn, and delivered a majestic drive at just the right moment to close with a 1-under 71 and complete his wire-to-wire victory.

After nearly two years of turmoil, McIlroy looked like the kid who shattered scoring records to win the 2011 U.S. Open at Congressional, and who won the PGA Championship at Kiawah Island by a record eight shots a year later.

Boy Wonder is back. Or maybe he's just getting started again.

McIlroy won by two shots over Sergio Garcia and Rickie Fowler to become the first start-to-finish winner since Woods at St. Andrews in 2005.

THE ASSOCIATED PRESS



Munenori Kawasaki, left, and Melky Cabrera celebrate the Blue Jays' 9-6 win over the Texas Rangers on Sunday at Rogers Centre. MARTA IWANEK/TORSTAR NEWS SERVICE

Cabrera floors Rangers with knockout blow

MLB. Melk Man goes 3-for-5 at the plate to lead Jays to series win out of all-star break

It was about as ugly a win as you can get.

Toronto starter Mark Buehrle fell trying to throw a pitch, balking in a run. Closer Casey Janssen didn't finish the ninth. Even Rogers Centre couldn't make up its mind, opening and then closing the dome.

When the dust had settled, the Blue Jays had defeated the lowly Texas Rangers 9-6 Sunday, securing the series win over the worst club in the majors.

The teams combined for 27 hits, but it was hardly a precision batting display.

Texas left nine men on base while going 4-for-15 with runners in scoring position. Toronto stranded eight and went 6-for-13 with runners in scor-

ing position.

Melky Cabrera answered a Texas comeback with a leadoff homer in the seventh inning and singled home two more runs in the eighth to lead the Jays.

Cabrera gave Toronto a 6-5 lead when he sent reliever Neftali Feliz's third pitch of the day deep to centre field. It was the left-fielder's 12th home run of the season, delighting the crowd of 36,011.

One inning later, Munenori Kawasaki made it 7-5 with an RBI single after Toronto loaded the bases with one out on three singles. Then Cabrera slammed a single to right-centre to bring home Anthony Gose and Jose Reyes.

Toronto (51-48) has now won seven of the last eight completed series against Texas (39-59) at Rogers Centre.

Perhaps more importantly, the Toronto offence woke out of its slumber. The nine runs were the most by the Jays since they scored 14 on June 20 in Cincinnati.

"We came to life today," said manager John Gibbons, who noticed a change in attitude early in the game.

"I felt a little more energy in the dugout. The guys seemed a little more relaxed, some funny comments. They've been grinding it pretty hard lately. It's been wearing on them." **THE CANADIAN PRESS**

On Sunday

9

Blue Jays

6

Rangers

Riding the pine

Tulowitzki sits with sore thigh

Major league batting leader Troy Tulowitzki was out of the Colorado Rockies' lineup against the Pittsburgh Pirates on Sunday, a day after hurting a leg.

The Rockies shortstop had a cramp in the tensor fascia latae of his left thigh while running out an infield grounder Saturday night. He is day-to-day.

Tulowitzki is batting .340 with a major league-best .434 on-base percentage. **THE ASSOCIATED PRESS**

Bennett on right track after rough rookie year

Three months removed from a trying rookie campaign, Anthony Bennett is in Las Vegas with plenty to smile about.

Returning to the city where he starred at UNLV — before the Cleveland Cavaliers made him the first Canadian to be selected first overall in the NBA Draft in 2013 — Bennett has impressed in his first summer league experience.

"He's improved his conditioning, he's improved his physique," Cavaliers head coach David Blatt said. "His confidence has gone up. This was a

Hot summer

13.3

Anthony Bennett's average in points per game during summer-league action.

very positive week for AB and we're happy about that."

Bennett, who was rehabbing a shoulder injury last year, wasn't able to participate with the Cavs' summer league team before his rookie year, forcing him to play catch-up

as he started his professional career.

Fit and healthy this time around, Bennett says he must make the most of his off-season preparation.

"It was a hard season for me," Bennett said. "I just soaked up everything, learned as much as I can, spoke to everybody on the team about what I can do better. It was just a real learning experience for me. That's why I made a commitment to stay in the gym and just get right."

THE CANADIAN PRESS

'We can add players'

Jays GM in early stages of trade talk

Toronto general manager Alex Anthopoulos says he is looking to add to the Blue Jays by trade but danced around the issue of whether he can add payroll in the process.

Can you take on additional salary, he was asked?

"We can add players," Anthopoulos said prior to Sunday's game against Texas. "We have the ability to have dialogue at any time. I don't see any reason why we won't be able to add players. And obviously players make money. No one plays for free."

The GM said while there were no imminent trades, he was involved in talks in the "conceptual stage."

Anthopoulos said offence was one area that needed improvement.

"Clearly offensively we haven't played as well as we can," he said.

THE CANADIAN PRESS

Tour de France. Kristoff's late burst steals win from gassed breakaway duo

Almost at the line, Jack Bauer and Martin Elmiger were exhausted but could see it coming: their first Tour de France stage victory. Those last 50 metres, however, got in the way.

A bunch of sprinters leading the pack came speeding like a runaway train and plowed past the huffing breakaway duo in the final milliseconds. Stage 15 belonged to Norwegian Alexander Kristoff, his second stage victory in this Tour.

Overall leader Vincenzo Ni-

Quoted

"I thought I had it, but then I realized in the last 50 metres that I had nothing."

Jack Bauer on being in the running to win Stage 15 of the Tour de France

bali of Italy made sure his main rivals couldn't claw back any time, and he kept his yellow jersey by finishing in the trailing pack. **THE ASSOCIATED PRESS**

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Get tough with someone who has been giving you a hard time. People will respect you more if you demonstrate that you respect yourself.

♉ Taurus

April 21 - May 21

This is an important time for career matters. Being ambitious is not a sin and anyone who suggests that it might be is not to be trusted.

♊ Gemini

May 22 - June 21

You have enough work on your plate. The planets warn if you go beyond your limits, you will regret it later in the week when you don't have the energy for new opportunities.

♋ Cancer

June 22 - July 23

Someone is trying to make you feel guilty about something that wasn't your fault. You may be tempted to ignore it but if you don't counter their negative propaganda, your reputation could suffer.

♌ Leo

July 24 - Aug. 23

The more time you spend trying to work out what might go wrong over the next few days the less time you will have for making things go right.

♍ Virgo

Aug. 24 - Sept. 23

You may not be much in the mood for routine activities today but the planets insist that you make a serious effort to catch up on a backlog of jobs.

♎ Libra

Sept. 24 - Oct. 23

The planets warn that in some areas it might be wise to play safe and stick with what you know and trust. Creatively and romantically you have a lot to gain but also a lot to lose.

♏ Scorpio

Oct. 24 - Nov. 22

Don't hesitate to tell others what it you desire because someone might hand it to you. Stranger things have happened and will continue to happen over the next few weeks.

♐ Sagittarius

Nov. 23 - Dec. 21

You must be committed to what you are working on. If you are reluctant to get fully involved, others may decide they can do without you.

♑ Capricorn

Dec. 22 - Jan. 20

Don't run yourself into the ground doing things for others. Your energy supply is limited and must be saved for things that mean something to you.

♒ Aquarius

Jan. 21 - Feb. 19

Even the best of friends fall out occasionally. You will get the chance to kiss and make up later in the week and if you take it there will be no harm done.

♓ Pisces

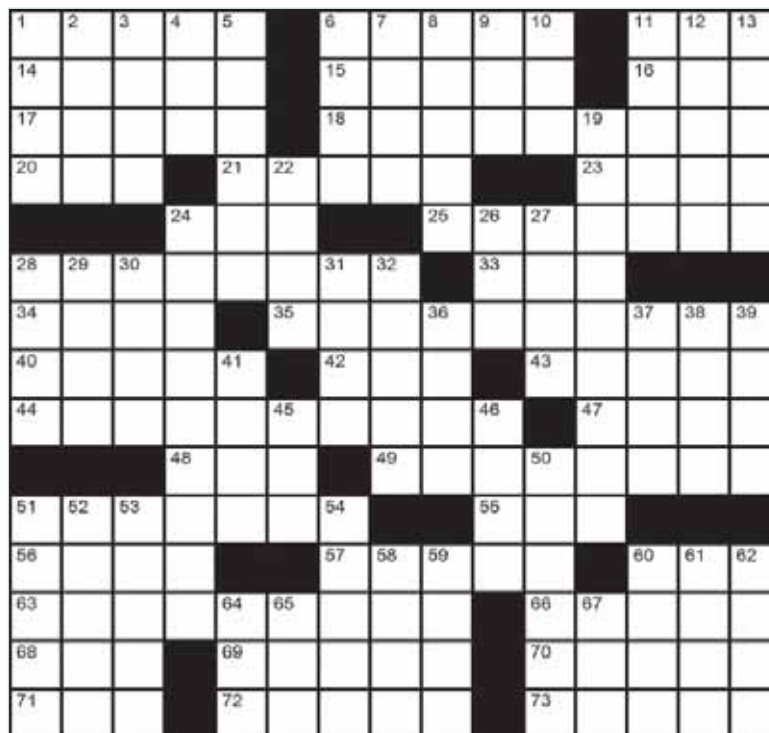
Feb. 20 - March 20

If someone you trust offers you advice today you would be wise to listen. That applies to all areas of your life but especially to property matters, investments and financial issues.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. What a Canadian saying 'about' sounds like to the American ear
6. WWII threat in the North Atlantic
11. 'Computer' suffix (Tehchie jargon)
14. Bamboo eater
15. Louisiana dish
16. Global positioning fig.
17. Proctor (Kitchen appliance company)
18. PEI's Peninsula; or, the 'G' of GMT
20. Cathedral city
21. Norwegian dramatist Henrik
23. Prefix to 'scope'
24. Toy-made dessert, —Cone
25. Some soft drinks
28. Canadian band, —Rush
33. Fail to keep
34. Lang. of Rome
35. Three words heard as the race is just about to begin...
40. Cat-like
42. Hockey's Bobby
43. "Buzz off!"
44. Canadian movie, "Atanarjuat: The —" (2001)
47. Mystique
48. Belonging to the intl. org. based in NYC
49. Those using brooms
51. Exceeds



55. Promos
56. Ancient's "Awe-some!"
57. Supermodel Ms. Campbell
60. Mafia
63. — of Tara (Musical instrument on The Arms of Canada)

66. Shoes shade
68. Calif. NBA team
69. Major artery
70. Band of eight
71. Method [abbr.]
72. Wales language
73. React to nausea

Down

1. Church section

2. Jail money
3. Exclusively
4. Sort of tribute
5. Burdensome
6. Australian boots
7. Hockey great, Pavel —
8. Signs
9. Mr. Vigoda
10. Weight unit [var.

11. "The Untouchables" role, — Ness
12. "— bleu!" (Golly!)
13. Cultural standards
19. Major League Soccer team in Vancouver
22. Wild swine
24. English-French:

- 1945 Hugh MacLennan book, Two —
26. Use a crowbar
27. Singer, Diana —
28. Annoy
29. "I'll have —, please." (Dessert-time drink request)
30. Mr. Holbrook's
31. — lights
32. Knitter's supplies
36. Sketched
37. Genuine
38. Actress Teri
39. Grannies: German
41. 007 foe in '62 [2 wds.]
45. Function
46. Staples purchase
50. Magazine bigwig
51. Trompe l'— (Visual illusions)
52. Sunny emission, — —
53. Works
54. Watchdog's warning
58. Fine pursuits
59. Moonfish
60. Combo dog
61. International oil gr.
62. #Ms. Behrs of "2 Broke Girls"
64. "Hee —"
65. Flat-bladed tool
67. Hotshot

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

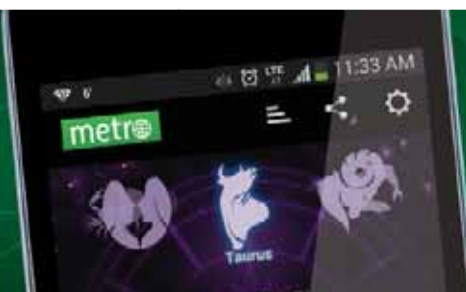
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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